



Vol 2 # 35 SEPT 01, 2009 **VOICE OF THE CAP NCS NV WING** **weekly journal**
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Newsletter archives: <http://www.nvwc.cap.gov/units/NCS/Newsletters.htm>
Members website: http://groups.yahoo.com/group/nellis_composite_squadron/ check regularly

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Interesting NCS Meeting- Aug. 25



NCS file photo

Guest Lecturer

**Chaplain Major
Debra Prosser**

Character Development - Inventing Success

Chaplain Prosser presented another fine lecture with good participation from the Cadets. The Chaplain surprised a lot of us by mentioning the FAILURES of some of the most successful people. Did you know Babe Ruth; the home run king had more strikeouts than home runs (80 / 53)? Thomas Edison had 10,000 failed experiments before he invented the light bulb. He just said, 'they weren't failures, we now know 10,000 things that don't work. The Chaplain then explained how we can use our failures for success. She made an outstanding case for; When facing failures, just keep going. Never give up. This lesson was presented to Alpha Flight.

Core Values

Chaplain Major Prosser presented 'Core Values' to Tango Flight. Integrity, Volunteer Service, Excellence and Respect were discussed with the newer Cadets. The responsibilities of Core Values were explained such as Flight Time, Flight Logs, Participation and Expectation.

You Do Not Have to be Great to be Good.

The difference between the impossible and possible lies in not giving up.

Cadet Leaders

C/2nd Lt Ayiya Le is Deputy Cadet Commander.

C/2nd Lt McLaughlin is in charge of Alpha Flight; C/CMSgt Cruz-Colon is in charge of Tango Flight Alpha Flight is the flight for Cadet Airman and above; Tango Flight is the training flight for new cadets.



Promotions

C/SSgt Devlon Hayley promoted

NCS File photo

Visitors

- Airman Gritton, USAF Active duty Electrician at Nellis AFB
- Tyree Drumgole
- David Nordin
- David Pedley
- Alec Robinette
- C/CMSgt Michael Johnson, formerly with our Squadron in 2007. He Plans to come back from the 801st Sq.



Nov, 2007

NCS file photos



June, 2009

Welcome to all Our Visitors and

Congratulations to Everyone

NCS is the Way To Go

California CAP Visitors

The CA Clover Field Squadron in Santa Monica (L A area) are taking classes for a few days at ALS. They looked sharp drilling outside. They said they were impressed with all we have going on.



Major Benjamin Schick, DC (at left),
Capt Robert Noble, Commander,
Capt Ken Davis, Cadet DC-Cadets.



Clover Field Composite Squadron # 51
Santa Monica, CA

From the Cadet Commander, C/1st Lt Nicole Crisp



SQUADRON PHYSICAL FITNESS AWARD

National headquarters will recognize squadrons that make physical fitness a cornerstone of their Cadet Program. The Squadron Physical Fitness Award is a voluntary program open to every cadet unit twice per year.

In May and/or November, simply administer the CPFT. If 70% of the cadets in your squadron can perform at the 50th percentile of the PCPFS survey (or higher) for their age and gender, your unit qualifies for the award. The requirements of the gold, silver, and bronze awards are shown below. The award program itself is simple, but fulfilling the standards will be a challenge.



| Award Level | Requirements | Award |
|--------------|------------------------|-------------|
| Gold Award | 70% at 70th percentile | Trophy |
| Silver Award | 70% at 60th percentile | Certificate |
| Bronze Award | 70% at 50th percentile | Certificate |

Award Requirements. At least 70% of the total cadet membership must meet or surpass the award standards to earn an award at any level. Total membership means the number of cadets who are official CAP members on the first day of May/November, according to the HQ CAP database. For example, for a squadron with 30 cadets on the membership rolls, 21 (70%) must meet the award standards. If only 25 cadets happen to test, 21 still need to pass.

Standards. The requirements for the Mitchell Award correspond to the 50th percentile (see below), the Earhart Award corresponds to the 60th percentile, and the Eaker Award corresponds to the 70th percentile. See attachment 3 of CAPP 52-18 *Cadet Physical Fitness Program*. Remember that a cadet's CAP grade is irrelevant as far as the Squadron Physical Fitness Award is concerned.

| PHASE II ACHIEVEMENTS 7 - 8 & THE MITCHELL AWARD | | | | | | | | | | | | | | | | |
|--|-------|------|------|------|------|------|------|------|---------|-------|-------|-------|-------|------|-------|-------|
| AGE | MALES | | | | | | | | FEMALES | | | | | | | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| SIT & REACH | 25 | 25 | 26 | 26 | 28 | 30 | 30 | 34 | 28 | 29 | 30 | 31 | 33 | 36 | 34 | 35 |
| CURL UPS | 35 | 37 | 40 | 42 | 45 | 45 | 45 | 44 | 30 | 32 | 35 | 37 | 37 | 36 | 35 | 34 |
| PUSH UPS | 14 | 15 | 18 | 24 | 24 | 30 | 30 | 37 | 13 | 11 | 11 | 11 | 11 | 15 | 12 | 16 |
| SHUTTLE RUN | 11.5 | 11.1 | 10.6 | 10.2 | 9.9 | 9.7 | 9.4 | 9.4 | 12.1 | 11.5 | 11.3 | 11.1 | 11.2 | 11.0 | 10.9 | 11.0 |
| MILE RUN | 9:48 | 9:20 | 8:40 | 8:06 | 7:44 | 7:30 | 7:10 | 7:04 | 11:22 | 11:17 | 11:05 | 10:23 | 10:06 | 9:58 | 10:21 | 10:22 |

President's
Challenge
50th
Percentile

Growing our Safety Culture

Part 1 of 4



**SM Jorge Torres,
Safety Officer**

In the last issue of the newsletter, I mentioned the 4 key elements needed to develop a Culture of Safety within our squadron. In the next four issues, I will expand on this idea by looking at each of those items individually. Let's start with the one we know best.

“Semper Vigilans- Always Vigilant”. As CAPers we live by this statement. It's what makes us who we are and it is how we describe ourselves to others. It should also be the way we approach safety in our activities.

By being always vigilant, we can identify those things or behaviors that can cause harm to people or property. By being always vigilant, we can safeguard each other while we participate in squadron activities. It really is a simple, yet encompassing concept, but, how do we apply it to our every day lives? Here are some examples that pertain to CAP activities and some that can apply at home or school.

1. Pre-formation- One or two cadets go to the formation pad and look for rocks, loose gravel, broken pavement, sand and other items that may affect the safety of the flights. Think in 3 dimensions; start on the ground and slowly look up and around finishing with possible overhead hazards.
2. While driving, riding a bicycle, skateboard, etc. Have a plan and know your route. Always look ahead to what's coming. When driving, look at your mirrors frequently and know which way to go in case of an emergency. Check your tires (or wheels) before getting on your way.

3. At home. Do you have fire extinguishers near the kitchen? Did you check your doors and windows before leaving the house or going to bed?
4. Are there items on the stairs that can cause you to trip and fall? Most accidents happen at home because it is where we let our guards down. A quick check for hazards will keep you and your family safe and allow you to relax even more.

The idea is to plan ahead and look ahead. Analyze your activity and environment for areas that can lead to a mishap. Safety applies to everything we do. If we keep vigilant, Always Vigilant, we can reduce the possibility for things to go wrong. However, we live in a dynamic and ever changing world. So, how do we make sure that we stay safe once we start our activity? Next week we'll look at situational awareness.

Are you ready to make a commitment to safety?

ALWAYS STAY SAFE

CALIFORNIA WING CADET NON-COMMISSIONED OFFICERS

SCHOOL: Will be held at March Air Reserve Base 16-18 October, 2009. The application deadline is 30 September for students, so please get your applications in. Cadets should submit their application on a CAPF 150. Applications for NCOS staff are due on 11 September. The cost is \$35 for students and \$25 for staff. for more information;

<http://cawgcadets.org/activities/ncos/ncos.php>

September 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------|--|----------------------------|----------|--------|--|
| | | 1 5p Color Guard Orientation 6:30p Weekly Meeting | 2 | 3 | 4 | 5 12p NCS Cadet Staff Training |
| 6 | 7 Labor Day Holiday | 8 6:30p Weekly Meeting | 9 7p Wing Staff Meeting | 10 | 11 | 12 Monthly NCS Unit Training Activity |
| 13 | 14 | 15 5p Color Guard Practice 5p Cadet Staff Interviews 6:30p Weekly Meeting | 16 | 17 | 18 | 19 8a Orientation Flights |
| 20 | 21 | 22 5p Color Guard Practice 5:30p Achievement Testing 6:30p Weekly Meeting | 23 | 24 | 25 | 26 8a NRA Qualification Firearms Training |
| 27 | 28 | 29 5p Color Guard Practice 6:30p Special Squadron Night TBD | 30 | | | |

Be Sure To Visit The National Museum of the Civil Air Patrol

<http://www.caphistory.org/>